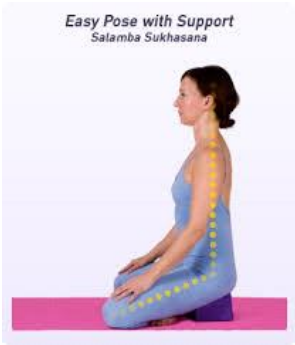









# PADA - MULA BANDHA YOGA SEQUENCE


Thursday, November 1, 2018 3:19 PM



Created by Breezy Bree  
[www.lovebreezybreeyoga.com](http://www.lovebreezybreeyoga.com)

## Pada Bandha - Mula Bandha Sequence

#1	5s	#2	5s	#3	5s	#4	5s
							
Easy Pose		Bound Hands Easy Pose		Revolved Bound Easy Pose		Revolved Bound Easy Pose	
#5	5s	#6	5s	#7	5s	#8	5s
							
Easy Pose Side Bend		Easy Pose Side Bend		Chest Open Easy Pose		Easy Pose Forward Fold	

#9	5s	#10	5s	#11	5s	#12	5s
							
Forward Bend Easy Pose		Easy Pose Spinal Twist		Easy Pose Spinal Twist		Easy Pose Forearm Stretch	
#13	5s	#14	5s	#15	5s	#16	5s
							
Easy Pose Forearm Stretch		Easy Pose Forearm Stretch		Easy Pose Forearm Stretch		Easy Pose Forearm Stretch	

#17

5s



Side Bend Easy Pose

#18

5s



Side Bend Easy Pose

#19

5s



Table Top Pose

#20

5s



Shoulder Stretch Table Top Pose

#21

5s



Shoulder Stretch Table Top Pose

#22

5s



Tiger Pose Variation 1

#23

5s



Tiger Pose Variation 1

#24

5s



Table Top Pose

#25

5s



Cat Pose

#26

5s



Cow Pose

#27

5s



Table Top Pose

#28

5s



Downward Facing Dog Pose

#29

5s



Standing Forward Bend Pose

#30

5s



Mountain Pose

#31

5s



Upward Salute Pose

#32

5s



Standing Side Bend Pose

#33

5s



Standing Side Bend Pose

#34

5s



Prayer Mountain Pose

#35

5s



Awkward Chair Pose

#36

5s



Revolved Awkward Chair Pose

#37

5s



Revolved Awkward Chair Pose

#38

5s



Standing Forward Bend Pose

#39

5s



High Plank Pose

#40

5s



Supported Side Plank Pose

#41

5s



Supported Side Plank Pose

#42

5s



High Plank Pose

#43

5s



Downward Facing Dog Pose

#44

5s



Childs Pose

#45

5s



Upward Facing Dog Pose

#46

5s



Downward Facing Dog Pose

#47

5s



Standing Split Pose Balance Variation

#48

5s



Low lunge Pose

#49

5s

#50

5s

#51

5s

#52

5s



Revolved High Lunge Pose with Hands in Namaste



Revolved High Lunge Pose with Hands in Namaste



High Plank Pose



Downward Facing Dog Pose

#53

5s

#54

5s

#55

5s

#56

5s



Standing Split Pose Balance Variation



Low lunge Pose



Revolved High Lunge Pose with Hands in Namaste



Revolved High Lunge Pose with Hands in Namaste

#57

5s



High Plank Pose

#58

5s



Downward Facing Dog Pose

#59

5s



Standing Split Pose

#60

5s



Lizard Pose

#61

5s



Downward Facing Dog Pose

#62

5s



Childs Pose

#63

5s



Upward Facing Dog Pose

#64

5s



Downward Facing Dog Pose

#65

5s



Jump Preparation

#66

5s



Mountain Pose

#67

5s



Warrior 1 Pose

#68

5s



Warrior 2 Pose

#69

5s



Extended Triangle Pose

#70

5s



Warrior 2 Pose

#71

5s



Goddess Pose

#72

5s



Goddess Pose with Toe Variation

#73

5s



Mountain Pose

#74

5s



Warrior 3 Pose

#75

5s



Half Moon Pose

#76

5s



Revolved Half Moon Pose

#77

5s



Tree Pose with hands in Anjali Mudra

#78

5s



Tree Pose with hands in Anjali Mudra

#79

5s



Mountain Pose

#80

5s



Standing Forward Bend Pose

00:00:00:00

#81

5s



High Plank Pose

#82

5s



Side Plank Pose

#83

5s



Hand-to-Toe Side Plank Pose

#84

5s



Face Down Corpse 2 Pose

#85

5s



Face Down Corpse 3 Pose

#86

5s



Face Down Corpse 3 Pose

#87

5s



Cobra Pose

#88

5s



Cobra Pose

#89

5s



Table Top Pose

#90

5s



Supported Camel Pose

#91

5s



Supported Camel Pose

#92

5s



Staff Pose

#93

5s



Butterfly Pose Preparation

#94

5s



Butterfly Pose

#95

5s



Boat Pose with Toe Lock

#96

5s



Upward Seated Angle Pose

00:00:00:00

#97

5s



Butterfly Pose Preperation

#98

5s



Half Lord of the Fish Pose 2

#99

5s



Half Lord of the Fish Pose 2

#100

5s



Lotus Pose with Twist

#101

5s



Lotus Pose with Twist

#102

5s



Corpse Pose

#103

5s



Knees to Chest Pose

#104

5s



Eye of the Needle - Dead Pigeon

#105

5s



Eye of the Needle - Dead Pigeon

#106

5s



Shoulder Bridge Pose

#107

5s



Knees to Chest Pose

#108

5s



Happy Baby Pose

#109

5s



Supine Twist Pose

#110

5s



Supine Twist Pose

#111

5s



Corpse Pose

#112

5s



Side Lying Pose

#113

5s



Prayer Easy Pose